

We want to hear from people with a learning disability, their families and carers on what they think about healthy lifestyles, and what their concerns are!

Below is a QR code for the next Healthier Me survey for people with a learning disability across Northern Ireland. The survey is open until **28<sup>th</sup> November 2024**. To help ensure as many people as possible are involved in this research, can I ask you to share this survey with people with a learning disability and their families / networks across NI?

Please contact [Campaigns.NI@mencap.org.uk](mailto:Campaigns.NI@mencap.org.uk) if you would like a paper copy of the survey or if you have any questions.

Thank you for your support.

